



GRANBY RECREATION & LEISURE SERVICES

15C North Granby Road
Granby, CT 06035
1-860-844-5356
Kay A. Woodford, Director



September 2007

www.granby-ct.gov

Office Hours: 9:00AM – 4:00PM weekdays.

Phone: 844-5356 (If no answer, please leave a message.)

Registration: While we may list deadline dates for trips/activities, all are subject to space availability. Registration is always based on a first-come basis, so register early to avoid disappointment. Return forms directly to the Recreation Office in the Senior/Youth Center or mail to Granby Recreation Department, 15C North Granby Road, Granby, CT 06035. In addition, there is a white mailbox outside the building for your convenience 24/7.

Non-residents: Add an additional \$5 to the cost of each program (with the exception of trips).

Refund Policy: Call the office for a copy.

Be first to know any new programs! Go to granby-ct.gov... Town Departments...Park & Recreation!

TRIPS

Reservations for trips are accepted by phone. Payment is due within 7 days of reservation to guarantee seat.

AUTUMN IN NYC – Wednesday, October 3

This day is yours to enjoy in the Big Apple. Use your imagination – explore Chinatown or Little Italy, take in a Broadway show, visit a museum, shop along 5th Avenue! Depart Town Hall at 7:00AM; leave NYC at 7:00PM. Cost: \$30 pp.



WRENTHAM, MA SHOPPING – Saturday, October 27



Visit over a mile of famous brand outlets filled with great savings on designer fashions, shoes, china, house wares, tools and unique gifts. Depart Town Hall at 7:30AM. ETA Granby 6:00PM.

Cost: \$35 pp. includes motorcoach only.

Food court/restaurants on your own.

RADIO CITY MUSIC HALL – Friday, November 9

First mezzanine seats for the 2:00PM matinee of the Radio City Christmas Spectacular with the famous Rockettes, the living Nativity and Santa's 3-D sleigh ride! Depart Town Hall at 7:00AM; depart NYC at 5:00PM. Cost: \$92 pp. includes ticket and bus.



CHRISTMASTIME IN NYC – Saturday, December 1



Enjoy the sights and sounds of NYC at holiday time. See the tree at Rockefeller Center, stop at Lindy's for their famous cheesecake, sightsee, shop, visit museums, take in a Broadway show – the day is yours! Depart Town Hall 7:00AM; leave NYC 7:00PM. Cost: \$30 pp.

LITTLE MERMAID ON BROADWAY – Sunday, February 24

We have 52 tickets for Disney's newest Broadway version of the movie! Seats are rear mezzanine at the Lunt-Fontanne Theater. Recommended for ages 6 and older. Depart Town Hall at 8:30AM; depart NYC at 6:45PM with a McDonald's stop on the return trip. Cost: \$78 pp. includes bus and show ticket.



GRANBY RECREATION/CARLSON WAGONLIT TRAVEL –

We are teaming up with Carlson Wagonlit to offer some great vacation opportunities for 2007-08. Get an information flyer at our office and then make reservations directly with Carlson Wagonlit. Vacation ideas for **Fall 2007** include New England/Canada cruise, Italy (tour, hotel & air), Ireland (tour, hotel & air), Las Vegas (hotel, air). **Winter 2007** possibilities include: Caribbean cruise, Ski Tahoe (hotel, air), Orlando (hotel, air). **Winter/February Vacation 2008** options include: Disney cruise, Ski Vacations to Tahoe/Colorado/Utah/Austria, Orlando (hotel, air). **Spring 2008** features Bermuda cruise or Caribbean cruise (cruise, air).



MORE GRANBY BUS TRIPS COMING IN 2008...

FEBRUARY

FOXWOODS
AMERICAN MUSEUM/MET/NYC

MARCH

BOSTON FLOWER SHOW

APRIL

NYC ON YOUR OWN

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YOUTH SPORTS

FIT 'N' FUN KIDS

Dates: Wednesdays, September 19 – October 24
Grades: 3rd – 6th
Time: 3:30 – 4:15PM
Location: Wells Road School Cafeteria
Cost: \$54 pp. (Non-residents add \$5)



Discover how fun getting and staying fit can be! A trainer from Contours Express will lead participants in warm-up and breathing exercises followed by obstacle course training (jumping jacks, hops, side steps, relays etc.), modified muscle stretching and relaxation techniques. Participants should bring a towel with them and wear loose comfortable clothing. Register by September 12.

FIT 'N' FUN TEENS

Dates: Tuesdays, September 18 – October 23
Grades: 7th – 8th
Time: 2:45 – 3:30PM
Location: Middle School Cafeteria
Cost: \$54 pp. (Non-residents add \$5)

A trainer from Contour Express will teach warm-up and proper breathing techniques, cardiovascular conditioning, beginning kick-boxing aerobics with upper body punching and lower body kicking, strength training with weights, stretching and relaxation techniques, and nutrition. Participants should bring their own towels and wear loose, comfortable clothing. Register by September 12.



BEARS' PRE-SEASON BASKETBALL MINI-CLINIC

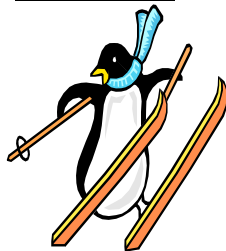
With Coleman Smith

Date: Saturday, December 15
Grades: Boys & Girls, Grades 3 – 6
Session I: 9:00AM – 12:00Noon
Session II: 12:30 – 3:30PM
Location: Middle School Gym
Cost: \$18.50; Non-residents add \$5



Coleman Smith will conduct this pre-season clinic concentrating on the fundamentals of defense, shooting and rebounding with an emphasis on ball handling. The 3-hour session will include instruction and drills to help every player maximize his/her enjoyment of the game. Each participant should bring his/her own ball (Put your name on it!) and wear proper footwear. No jewelry is to be worn. Registration is based on a first come basis – 40 spaces available each session. Register by December 1st.

SKI SUNDOWN



Watch for flyers in early-to-mid October for skiing January 4 – February 1, 2008. Registrations are based on a first come basis and seat availability on the buses. **Note:** High School students will need to pick up a flyer in the HS office; others will receive flyers from their classroom teachers. Flyers will also be available at the Rec Office.

GRANBY YOUTH BASKETBALL

Registration will begin the end of October for season beginning January 2008. Watch for flyers through the schools or pick one up at the Rec Office! Assessments will be December 1 for grades 3 – 8.



JUST FOR YOUTH

CARTOONING

Session I Fridays, October 5 – November 2
Session II Fridays, November 9 – December 14
 (No November 23)

Grades: 3rd – 8th
Time: 5:00 – 6:00PM
Location: Senior/Youth Center
Cost: \$80 pp/session includes materials; Non-residents add \$5



Bring your imagination and learn the fine art of cartooning under the direction of Disney trained John Squier. Progress at your own rate whether you're a beginner or have enrolled previously. The final project will be a T-shirt using your own design. Register by September 28th.

ART CLASSES FOR YOUTH AGES 7 - 13

Dates: Wednesdays, October 3 – November 14
Time: 5:00 – 6:00PM
Location: Granby Senior/Youth Center
Class Size: Maximum 10
Class Fee: \$92 pp. includes all materials; Non-residents add \$5



Do you like to draw? In these classes you will discover your artistic talents, build on them, and HAVE FUN doing it! Classes will include a combination of age appropriate projects in drawing, painting, collage, printmaking and 2- and 3-dimensional design with various mediums. Instructor Jill Butcher. Register by September 26th.

I'M A BALLERINA!

Session I: Thursdays, October 4 – November 8
 11:00 – 11:45AM
Session II: Fridays, October 5 – November 9
 10:00 – 10:45AM
Location: Ballet Petite
 2 Tunnix Road B9, Tariffville
Class Size: Minimum 6, Maximum 12
Cost: \$42 pp (Non-residents add \$5)

This is an introduction to ballet class for children ages 2½ – 4. Dancers will learn some basic ballet movements and vocabulary, listen and dance to stories of great ballets like Sleeping Beauty and Swan Lake, and even dress up like ballerinas! There will be lots of fun, props, music, and stories. Come with a friend or meet new ones! Sarah Brown, trained at Valley Ballet and the Hartford Ballet, teaches the classes. Register by September 26th.

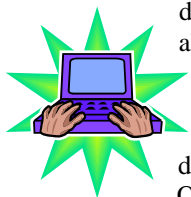


COMPUTER EXPLORERS®:

CHOOSE YOUR TECH ADVENTURE!

Dates: Oct. 26, Nov. 27, Dec. 5, 6, or 7
Time: 1:30 – 3:30PM
Location: Grades 2 – 3 @ Senior/Youth Center
Grades 4 – 6 @ Wells Media Center
Cost: \$30/per day; Non-residents add \$5.
Class Size: Minimum 6, Maximum 12
Instructor: Staff from Computer Explorers®

Join Computer Explorers® on Granby Schools early release days! We offer a series of one-day, stand-alone classes in which your child will experience a variety of technology-based, age appropriate activities to stimulate and engage the mind while having fun! Each day has a different lesson plan. The focus for Oct. 26 and Dec. 5 is robotics, Nov. 27 and Dec. 6 is engineering/science, and Dec. 7 is digital/graphic arts. Indicate on your registration form which day or days you wish to attend.



PERFORMING ARTS

Dates: Tuesdays, October 16 – December 4
Location: East Granby Community Center
Times: Grades 6 – 8 2:30 – 3:25PM
Grades K – 2 3:30 – 4:15PM
Grades 3 – 5 4:30 – 5:15PM
Cost: \$80 pp. Non-residents add \$5.
Instructors: Performing Arts Programs® Staff



Acting classes run for 7 weeks, meeting once a week. Topics/activities include: exciting theater games, improvisational exercises, voice and speech, concentration exercises, sense memory, stage skills and script work. At the end of the session there will be an informal performance. For past or more experienced performers, these classes will be challenging and offer new and exciting activities!

WATCH FOR DETAILS ON OUR WEBSITE FOR:

American Red Cross Babysitting
Mad Science
Hip Hop Jazz Dance
Computer Tots Roamer Robotics
MS/HS Holiday Shopping

ADULTS-ONLY DROP-IN ACTIVITIES

DROP-IN BALLROOM DANCING

Fridays, September 7 – June 6

Join Stephen Bailey from 7:00 – 8:00PM Friday evenings in the All Purpose Room at Kearns School. Instruction is available. There are no classes during school vacations, holidays or no-school days. Drop-in, but please contact the Recreation Office with your name and phone number. Cost: \$5/class, payable at the door.



ADULTS-ONLY DROP-IN BASKETBALL

For Granby residents only, over 18 and HS graduate. Drivers license verification required. Participants must wear white-soled gym shoes. Food and beverages are not permitted in the gyms. No drop-in on vacation or no-school days. Usage is subject to HS schedule. Cost: \$2 per person, per evening to assist with the cost of the monitor. 7:00 – 9:00PM; start with the Community Gym; if unavailable, try the HS gym.

Basketball: Begins Monday, Oct. 1
Basketball/over 35: Begins Wednesday, Oct. 3
½ court play
Basketball/over 60: Begins Wednesday, Oct. 3
½ court play

WANTED:
Basketball Monitors for Adult Drop-in Basketball.
Call the Rec Office for details.
This is a paid position.

ADULTS, TEENS AND FAMILY ACTIVITIES

BELLY DANCE/FITNESS WITH LEILA

Dates: Six Wednesdays, September 19 & 26
October 3, 10, 17, & 24
Ages: 14 through Adult
Time: 6:30 – 7:30PM
Location: Granby Senior/Youth Center
Class Fee: \$48 pp
Non-residents add \$5



These Belly Dance/Fitness classes focus on muscle isolation, dance rhythms, body sculpting and aerobics... skills that shape and tone bodies of any age and build. This is not a drop-in class; register and pre-pay by September 12.

INTRO TAI CHI AND QI GONG – For Adults

Dates: 8 Thursdays, September 13 – November 1
Time: 4:30 – 5:30PM
Location: Wells Road School Cafeteria
Cost: \$64 pp. (Non-residents add \$5)
Class Size: Minimum 8, Maximum 20
Instructor: Judy Laiuppa

Tai Chi is a centuries-old Chinese discipline for meditation, relaxation, and health. Students will learn several movements from the Yang-style Simplified 24 Form as well as a Qi Gong exercise practiced for strengthening and balancing the internal organs. Emphasis will be placed on basic footwork, hand positions, and correct body alignment. Participants should wear comfortable clothing and flat-bottomed shoes or sneakers.



WEDDING/SPECIAL OCCASION DANCE CLASSES

Dates: Fridays, October 19 & 26
Time: 7:00 – 9:00PM
Location: Wells Road School Cafeteria
Cost: \$25 pp. (Non-residents add \$5)
Instructor: Jim Zaccaria



Nervous about that upcoming wedding or special occasion party? Learn three of the most popular dances for parties and weddings **QUICKLY!** Come to the two 2-hour classes and learn the most all-occasion dance (waltz), the most popular up-tempo dance (jive swing), and one of the most effervescent dances (merengue)! Take home instruction sheets and song lists to help you remember and practice what you learn before the special occasion arrives. All ages welcome (adults & teens, singles or couples); no previous dance experience is necessary.

MOTHER'S SPECIAL AT CONTOURS EXPRESS

Dates: Six Months, beginning October 1
Time: 11:00AM – 3:00PM
Location: Contours Express, 518 Salmon Brook Street
Cost: \$234 pp. (Non-residents add \$5)
Deadline: September 24

The kids are in School! Granby Recreation & Contours Express are teaming together to help you stay fit! This special 6-month program includes unlimited visits weekdays 11:00AM to 3:00PM, waived membership fee, 30-minute cardio Fit Circuit Training with weight bearing equipment, weekly 20-minute "Butt & Gut" workouts, fitness overview & weight strength assessment, and nutritional overview & eating habits change courses.



FIT 'N' FUN SPECIAL JUST FOR SENIOR WOMEN

Dates: Six Fridays, October 5 – November 9
Time: 1:00 – 1:30PM
Location: Contours Express
518 Salmon Brook Street
Cost: \$42 pp. (Non-residents add \$5)
Deadline: September 24

Choose your own fun and fitness adventure! Come with a friend or come meet new ones! The friendly, motivated trainers at the facility will guide you through a special senior program that includes a fitness analysis, weekly blood pressure screenings, stability ball & balance training, nutrition review, meds review & side effect awareness consultation, plus weekly 20 minute stretching & conditioning classes.



SELL IT ON EBAY!

Dates: Mondays, November 5 & 12
Time: 6:00 – 9:00PM
Location: Wells Road Media Center
Class Fee: \$52 pp. (Non-residents add \$5)
Class Size: Minimum 7, Maximum 15
Deadline: October 15



Don't know where to begin? Official eBay instructor Marlene Gavens will address what you need to do prior to listing an item, creating your listing, monitoring the listing, and what to do after your item is sold. She'll use a combination of lecture, PowerPoint slides and online examples from the eBay website to highlight key concepts. You'll receive a comprehensive step-by-step manual prepared by eBay (a valuable resource once class is over). Participants should know how to access the Internet & use email. Owning a digital camera is useful but not required.

USE GENERIC REGISTRATION FORM UNDER REGISTRATIONS & CANCELLATIONS

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